



High In the saddle

People with disabilities find riding therapeutic.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Training for the gold

Local wrestler has his sights set on Olympic team.
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MONDAY, SEPTEMBER 28, 2009

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

41ST YEAR - NO. 17

BEAUTIFUL WEATHER ENTICES STUDENTS OUTDOORS



PHOTO BY ALEX COOKE

First-year graphic design students Jon Barnes, Joseph Nowak and Alex Hammer make the most of their lunch break with a game of hacky sack on Sept. 18.

Conestoga has Pride

By JUSTINE REIST

Everyone needs a place to go where they feel they belong.

Conestoga College recognizes this fact, and has many groups that you can belong to where you can share your trials, tribulations and triumphs with like-minded people.

Conestoga Pride is one of these groups, run by students in the college. It is a place where gay, bisexual, transsexual or even conflicted students can meet to share their stories and get support from other students.

The first event the group held was called Stories From the Closet and featured students sharing stories in a safe environment.

"I was so happy with the turnout," said Ryan Connell, student life co-ordinator. "There were so many people, it was great."

A group on Facebook has been opened for those involved to have another place to share information on gay friendly authors, books and movies.

Connell, who also runs the Respect campaign for the school, helps out the current president of the group.

"I'm like the second-hand man," Connell said. "I do anything that she needs help with."

The group meets throughout the year to watch movies, share stories and just be around friends.

The next event, a pride

movie night, will be held at Conestoga Residence and Conference Centre on Oct. 16.

Currently the group is looking to fill new positions. You can contact them at pride@conestogac.on.ca for more information.

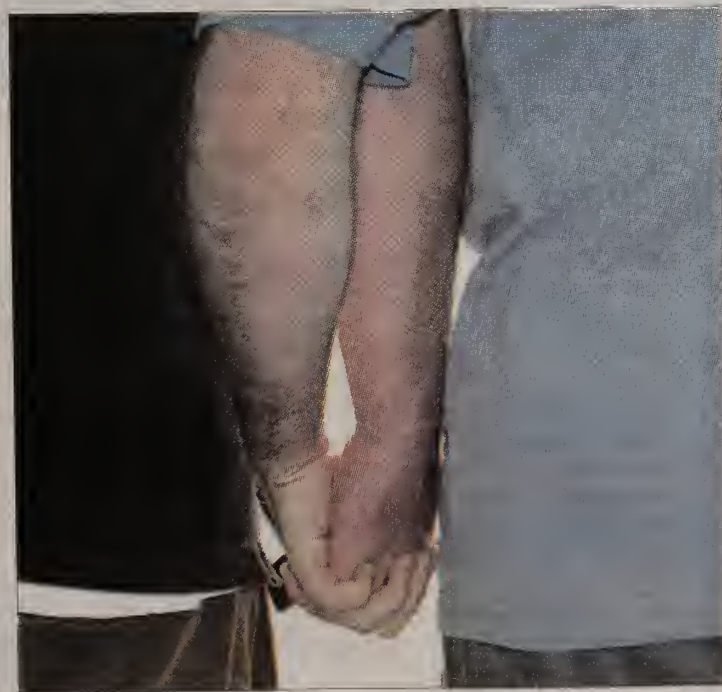


PHOTO BY JUSTINE REIST

Conestoga College has many clubs for students, including Conestoga Pride, which holds meetings and events for students who are gay, bisexual, transsexual or conflicted.

Rogers donates \$33,000

By GILLIAN WEBBER

Local radio affiliates of Rogers Broadcasting Ltd. offered their financial support to media students at Conestoga College with a \$33,000 donation to the broadcast journalism program. The money will be distributed to students in the form of scholarships, bursaries and award money.

The total donation is comprised of \$8,000 from Kitchener radio station 570 News and \$25,000 from 680 News in Toronto.

Mike Collins, general manager and sales manager of the Rogers Kitchener Radio Group, announced the donation to a group of students and faculty from the School of Media and Design in the college's television studio on Sept. 18.

"This is about the number of grads of this program that have come and helped drive our business, which in this city is 570 News," said Collins. "It's really tough to find good, young talent who have the skills that we're looking for, the journalistic skills that we're looking for and that's certainly coming out of here."

Though the money was initially earmarked for the radio broadcast program, it was decided by the CRTC and college faculty that the program's curriculum did not have enough writing compo-

nents to be eligible for the funds.

Collins said he hoped the donation might be enough to entice some students to "become more interested in radio newscasting as opposed to the written word."

Mike Dinning, Conestoga's vice-president of student affairs, acknowledged that while a large amount of physical growth is occurring at Conestoga, the college is "not just about bricks and mortar."

"Fundamentally we have to invest in our students," said Dinning. "We have to invest in access to students who have financial challenges of being able to come to this college, but we've also got to invest in students who are of a high academic standing."

While the specific criteria for qualifying for the money has yet to be determined, many students in the journalism program are excited by the opportunities the donation will create.

"I hope I get it," said Babar Tahirkheli as he stood alongside a video camera perched on a tripod.

Tahirkheli and fellow second-year broadcast journalism student Mariam Zahiri were at the announcement putting the skills they have learned in their program into practice.

"Well, this just goes to show that our program is good," said Zahiri laughing. "It's a goal to work towards."



PHOTO BY GILLIAN WEBBER

Mike Collins, general manager and sales manager of the Rogers Kitchener Radio Group, is interviewed and filmed by second-year broadcast journalism students Mariam Zahiri and Babar Tahirkheli after announcing a \$33,000 donation on Sept. 18.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you could spend the day with any fictional character, who would it be and why?



"Kirby. Why? Because it's Kirby."

Aaron Moser,
second-year
biotechnology technician

"Gambit from the original X-men cartoon, because of his Cajun charm."

Cheryl Prior,
first-year
business management

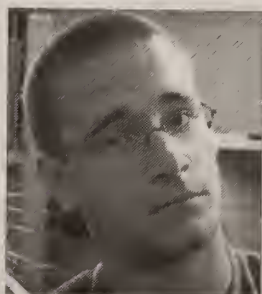


"Genie from Aladdin, because he would keep things interesting and be a freakin' hoot."

Daniel Evans,
first-year
software engineering technology

"Captain Jack Sparrow because he seems like a funny guy. Someone you could drink with, and never know what he would do next."

Jen Inglis,
first-year
mechanical technician



"Master Chief, so I could hear some war stories."

Ross Ewart,
first-year
engineering technology

"Jane, from the Face on the Milk Carton book series, to ask her about her personal experience of being a kidnapee."

Shauna Dawson,
first-year
early childhood education



Smile Conestoga, you could be our next respondent!

Counselling Services is here to help you

By NICOLE HANNUSCH

The beginning of a new school year can be extremely stressful to both those students coming back to finish their programs, and to those students who are just starting out at Conestoga. Thankfully, for those students who are feeling the pressure, there is Counselling Services, located in Room 1A101.

Counselling services offers free personal counselling to all full-time Conestoga students.

"When I say personal counselling, anything that a student is experiencing that is a hindrance, an obstacle or that

is preventing them from being a successful student is what we would assist with," said full-time counsellor Lydia Almorales-Ray.

Students who are unsure if they need the services offered are encouraged to walk in and chat with receptionist Marcella Giansante to see if Counselling Services is right for them.

"Students should know that we are here for them, and if for any reason they are not doing as well as they think they can do academically, they should come see us before it's too late. It's better to be proactive and say, 'This is what I struggled with in

high school' and try to address it early," said Almorales-Ray.

Students are generally appreciative of the extra help offered by the school.

"It's nice that the school has something like that for students, if they need it," said second-year student Kristina Belanic.

Counselling Services has six full-time counsellors as well as one additional counsellor during the busy fall season. They are available from 8:30 a.m. until 4:30 p.m. for appointments, which can be booked either by walk-in or by calling the office at 519-748-5220, ext. 3360.



CLIFFY GIVES PSYCHIC A PIECE OF HIS MIND

Psychic Dan Valkos concentrates as he tries to read Cliffy the Condor's future.

Approximately 100 students had their readings done on Sept. 17 by Valkos. He will be returning to Conestoga College Nov. 28 to give a workshop called, Reincarnation: Who are you? For information, contact Tara Herriot, Conestoga Students Inc. event co-ordinator, at therriot-cc@conestogac.on.ca

PHOTO BY STACEY FALCONER

COUNSELLOR'S CORNER: Loneliness

Many of you are here from out of town; some are living away from home for the first time. What a change! There's no one to report to about what you are doing and when. Curfew - what's a curfew? There is also no one to ask, "How was your day?" "What time would you like to have dinner?" and to say "I love you."

The excitement of new freedom and opportunity may be tempered by homesickness - missing your family, friends and community. Slowly, you'll get to know some of your classmates, faculty, roommates and other peers. Perhaps you'll get involved in intramural activities at the Recreation Centre and clubs and events through the student government. Read *Spoke*, your school newspaper, and visit Student Life to familiarize yourself with happenings on campus.

You can meet with a counsellor in Counselling Services to talk about adjusting to your environment and to do some problem solving about getting involved in your college and your new community.

A Message from Counselling Services, 1A101.

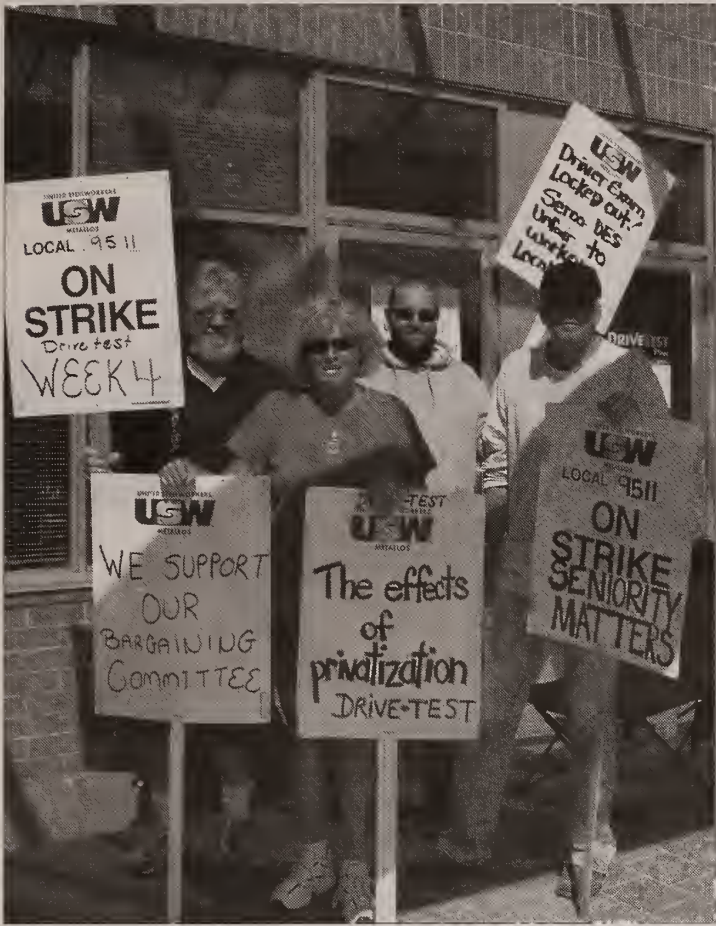


PHOTO BY CHRIS BATT

Dave Lowe, Audrey Diamond, Chris Mellor and Bob Graham make their feelings known while picketing at a DriveTest centre Sept. 17.

Licence impasse

4,000 per day can't get on roads

By CHRIS BATT

The five-week strike by Ontario driver examiners continues to drag on, leaving many young drivers stranded. Talks between the United Steelworkers who represent the nearly 600 examiners across the province and their employer, Serco DES Inc., have broken off.

"We are currently at an impasse as of 8 p.m. Sunday, (Sept. 13)," said Jim Young, president of USW Local 9511.

DriveTest centres are the only locations in the province that can administer road tests to new drivers, and renew licences for people 80 or older. The province contracted out driver testing to the private company in 2003 for a 10-year period.

Major issues involved in the

strike include job security, health and safety, supervisor roles and seasonal workload changes.

"

The road test booking system is completely open.

— Paul Dalglish

"

"At smaller DriveTest centres, we need supervisors to assist with road tests," said Paul Dalglish, managing director of DriveTest. "The union wants supervisors to remain behind a desk and not help with driver examinations."

Driver examiners last went on strike for eight weeks in 2002, when they were still government employees.

In a Sept. 4 press release, DriveTest estimated that 4,000 people per day have been unable to obtain their licence due to the strike.

The Ontario government has taken steps to ease the effect of the strike, including extending the expiry date of many licences. However, young drivers who currently do not have a licence are forced to wait until the strike ends.

Both sides do have advice for young drivers waiting to receive their licences.

"The road test booking system is completely open," said Dalglish. "Keeping your name in queue for a test will help."

Young said, "Drivers who already have licences can go to an issuing office and get an extension. Drivers who don't have licences will unfortunately have to wait."

Speed matching highlight of fair

By DANE BRASON

Walking into the Conestoga Mall Sept. 19th, I found myself second guessing where I was. Rather than the usual sight of people running from store to store with shopping bags in hand, it was more like being at a television set for a dating show. But instead of matching couples, they were matching people with volunteer jobs.

The speed matching event was a new feature at this year's Manulife Financial Volunteer Fair. It consisted of 12 lucky candidates and 12 different organizations. Each organization was allowed four minutes to talk to each candidate and at the end of the four minutes a bell would ring.

"The speed matching event was really successful; we got a really good response from it," said Prachi Surti, communications co-ordinator for the Volunteer Action Centre. "Everyone really enjoyed it and hopefully we will be able to expand on it in our upcoming events."

The annual volunteer fair attracts people of all ages, from high school students who need to complete their 40 hours of community service to retirees who just need something to do in their spare time.

"We get kids who need to do their volunteer hours for

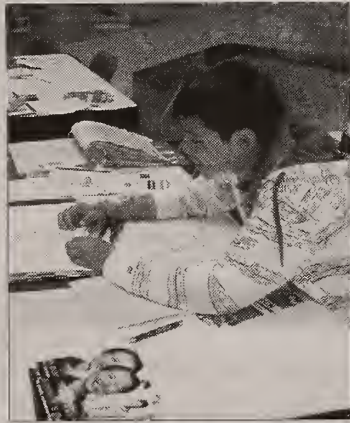


PHOTO BY DANE BRASON

A volunteer co-ordinator helps register students for volunteer positions. The students need 40 hours of service in order to graduate high school.

school, people new to the community who want to get involved and a lot of people who are new to Canada because they find it can be helpful to learn about our culture," said Surti.

The Volunteer Action Centre is celebrating its 25th year of connecting volunteers with organizations in Waterloo Region. They also provide job training and consultation for their clients.

"The response gets bigger with every event," said Jane Hennig, the executive director for the centre. "We expect to get close to 500 volunteers just from this one event."



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Bullying must stop

By MICHELLE SOMMER

The news has been full of shootings and stabbings, not during street fights or at bars, but at schools; the one place where parents would expect their children to be safe.

On Sept. 21, 2009, barely three weeks into the school year, the third stabbing of the season occurred. A 17-year-old male was stabbed in the arm at Thomas L. Kennedy Secondary School in Mississauga. Shortly thereafter a 17-year-old male was arrested in connection with the incident.

Less than two weeks ago, two teens were stabbed in a parking lot at Bloor Collegiate Institute. Thankfully they are expected to recover, but this isn't always the case.

On Dec. 6, 1989, Marc Lepine entered a university in Montreal and killed 14 women before killing himself.

That day became known as the Montreal Massacre.

That was nearly 20 years ago, but the violence continues.

At Dawson College in Montreal, on Sept. 13, 2006, Kimveer Gill killed a student and injured 19 others. Once again the killer took his own life at the scene.

You can read through pages of shootings that have occurred just in the past 10 years.

We cannot be ignorant about it and pretend it could never happen here. The truth is it could happen anywhere at any time.

What we can do is try to prevent one from happening.

Some of the violence has occurred because of bullying.

The bullying takes place in the classroom, in the hallway or in residence. Students are called names, physically assaulted and harassed. Sometimes it ends tragically, for the victim, for the perpetrator, or for both.

Fortunately, Conestoga has a Respect Campaign that has taken the lead in making all students feel comfortable and unthreatened at the college.

It is our duty to treat each other with respect so that there are never any hard feelings.

Security at Conestoga does everything in its power to ensure that students are safe at all times, but sometimes only we can see the beginning of something that could end in tragedy. Take the initiative and report harassment or questionable behaviour to security.

Violence is everywhere in the world; do your part by keeping it out of our schools. Keep the sounds of talking and boisterous laughter alive.

And pray that you never come face to face with tragedy.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer

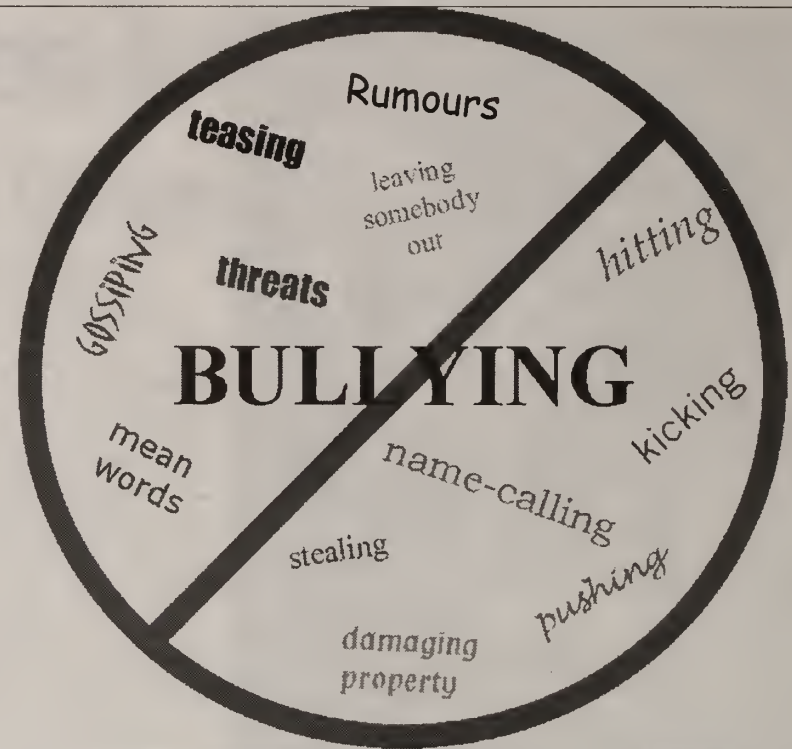
than 500 words.

Spoke reserves the right to edit any letter for publication.

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Not worth the risk

Drunk driving is a selfish act

When school starts, the parties begin. Students stay involved in their studies but they're also involved in socializing, sometimes by drinking alcoholic beverages with new friends. There's no harm there, unless after they drink they end up behind the wheel of a car. They may think that they're fine and capable of driving, but in reality they're under the influence of alcohol.

According to Statistics Canada, driving while under the influence of alcohol continues to be a major cause of vehicle crashes, deaths and injuries in Canada.

In my mind, drinking and driving is selfish because when impaired drivers get behind the wheel they're not only risking their own life, they're risking everyone's else's too. While driving they could hit a stranger or even someone they know and the outcome could be deadly. Why risk someone's life?

There's also the chance they could seriously injure themselves or others or seriously damage the vehicle.

According to the Ontario Ministry of Transportation, people can lose their licence, be fined or spend time in jail



Sarah
MacIntosh
Opinion

if convicted of impaired driving. As long as they're behind the wheel, a charge can be laid, even if the vehicle is not moving. A new law was passed on May 1, 2009 to help reduce drinking and driving. Any driver with a blood alcohol concentration from 0.05 to 0.08 will lose their licence for three to 30 days.

I don't see a difference between a person who has two drinks and then drives compared to a person who has 10 drinks and then drives.

Driving while under the influence is very dangerous because even one drink can

make a person's reactions slow, make them not able to concentrate and make their vision blurry. I don't see a difference between a person who has two drinks and then drives compared to a person who has 10 drinks and then drives. They are both impaired and attempting to manoeuvre a car. It's unsafe, unreasonable, unintelligent and self-centred to get behind the wheel of a vehicle while impaired.

Of course, there's the question of how they'll get home without their vehicle. That's easy; plan ahead. If they go out for drinks with a group of people, the cab fare will be cheap to split. Or arrange for one person to be the dedicated driver.

The other options are walking or having someone who isn't coming out to drink to come pick them up whenever they're ready to come home.

I can't imagine driving intoxicated and the same should go for other students. Just think before you act.

Is driving while intoxicated really something you want to risk?

And if so, are you willing to pay the ultimate price?

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Don't be afraid of winter



Nicole
Frank
Opinion

Summer is officially over but there is still a lot of fun to be had.

Starting a new school year means winter is coming and that can be depressing for a lot of people. When I think about winter, I get a chill down my spine and start to dread the cold drives into school.

I made a decision this year that I would not let winter get me down. I am going to do things all year-round that remind me of summer.

Last weekend, I rented a cottage in Oxtongue Lake near Muskoka. Even though I had school on Monday, the lake made me feel like it was still summer. Ted Snider works in the office and as a caretaker to the cottages.

"I wish more people knew that they can rent cottages anytime," Snider said.

The Oxtongue Lake cottages are open year-long and there is always tons of activities to do.

"We have snowshoes, snowmobiles and heated cottages," Snider said.

It's hard not to get into a slump during the winter months so I recommend keeping summer activities in the back of your mind.

Another great way to keep winter on the back burner is to get involved.

Conestoga College offers many opportunities at school and with outside volunteer organizations. Some great places to get involved include the Student Life Centre, Conestoga Students Inc., the Canadian Cancer Society and the Canadian Red Cross.

On Sept 24, Conestoga hosted a Get Involved Fair that had representatives from the school and from the community. If you missed the fair, it isn't too late to get involved.

Sarah Mitchel volunteers at the YMCA and she said it keeps her busy.

"Spending your time helping others really makes the days go by faster and you feel good," she said.

Whether you continue summer activities or simply get involved more, it all helps you get through the long winter.

Facebook can affect friendships

I do not care if your baby just left you a green surprise in his or her diaper, that you can't wait to get home so you can have a romantic evening with your significant other, that you are eating or what kind of fruit you are. And no, I will not send you a pig on Farmville to help you out!

I think our friendship has reached a point of no return. The simple fact is I know too much about you, things I wouldn't dare ask in any sort of real conversation. I know the basic facts about your life; your family situation, where you work, where you live and even some personal tidbits but that's where I wish my knowledge would have stopped.

When I naively opened my Facebook account I thought, "Great, a way to keep connected to everyone!"

Social networking has brought us closer to friends and family than we ever thought possible. Just type in a name in the search engine, locate the correct picture, "friend" them and voila, you are instantly connected to Jane Doe.

When a local tattoo artist went missing in North Bay just a month ago people from as far as Ireland, which was where he was originally from, were able to keep in touch and share information as the case unfolded. When tragedy struck, friends and family were able to share condolences through Facebook.

But, not only are you connected to friends you may never have grown close to but you are privy to their inner most thoughts and secrets as they display them daily on their pages. Status updates are the bane of my existence. Sometimes something clever or witty is left in that blank spot that will make me chuck-



Justine
Reist
Opinion

le to myself, other times I can get some information about an upcoming event or a special accomplishment of a friend, but more often than not, I am faced daily with updates such as "Kate's nails match her hair." Yawn. If you wouldn't call someone to inform them of this joyous occasion why bore your readers with this pointless information? Please friends, at least entertain me a little.

Facebook has created a sort of safety net for us online where we can act differently than we would in face-to-face interactions. People become more boisterous and more vocal on different topics. "A friend of mine was asked to debate a point in class on abortion issues," said Andrea Mitchell, a Grade 12 high school student. "She was very quiet and didn't have many points in class, but when she got home onto Facebook the debate continued and it became more animated."

I myself find that online I am more straightforward and even maybe a little more witty than I would be in person. I don't need to deal with the direct repercussions of what I am saying online, if the other end gets angry a simple sign off will do.

Facebook, Twitter and MSN have taken the place of many more traditional ways of communicating. Instead of waiting for a phone call from a friend for information about a party coming up this weekend we find ourselves checking

email, texts, Facebook groups, messages and statuses and scrolling through Twitter to see if someone is preparing to go.

"I miss events all the time," said Mitchell. "I never know what's going on because I just can't seem to find where the actual information is."

"I am so tired of reading friends' status updates about their boyfriends or girlfriends," she added. "I don't have a boyfriend, I don't want to read how great everything is with theirs!"

Jealousy abounds on these sites. Friends can turn green with envy over others' accomplishments, significant others or even trips. This can create rifts between friends or prolong a hurt left by a breakup.

"It's easier to break up,"

said Tyler Wagg, a mechanics student at College Heights in Guelph. "But, after that, unless I delete them off my account, I have to see everything they are doing and my feelings tend to linger." Wagg was recently bombarded by pictures of his ex-girlfriend cuddling with a new boy she was interested in. "Even though I broke up with her, it made me angry and I just wanted her back."

So think twice before adding that new friend to your Facebook account. Ask yourself whether you want to know everything about their lives, if they are a constant updater or if they are going to cover your wall in pointless links to things you never really cared to see. You might just be better off without them.

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Check out www.sascwr.org for ticket and event details.



PHOTO BY JANELLE SCHEIFELE

Trevor Mains, 19, high-fives Officer Steve after receiving their ribbons. Both were participants in mounted relay races with teams of Pride Stables riders and Waterloo regional police officers.

Pride Stables celebrates 35 years

Gala held to honour its many years of serving the community's disabled

By JANELLE SCHEIFELE

There's something special about kids and horses.

The Central Ontario Developmental Riding Program at Pride Stables has been using this unique connection for 35 years to help not only children, but people of all ages with disabilities.

Pride Stables celebrated this anniversary by hosting an evening gala on Sept. 19, with mounted relay races, rider demonstrations, a horse fashion show, refreshments and a live and silent auction.

The relay races pitted teams of police officers and Pride Stables riders against each other. Competitors were required to weave around poles, pass batons and place fruit into a basket and rings on a hook.

Police Chief Matt Torigian even showed up for the races, and borrowed a Pride Stables horse named Tass for the event.

"We are so privileged to be

part of the work going on at Pride Stables," Torigian later said in a speech.

Pride Stables currently has about 350 riders and 700 spaces available over the year for riding lessons. Although the regular program reserves its spots solely for riders with special needs such as autism and cerebral palsy, summer's Camp Pride offers a fully integrated experience. The gentle movement helps to relax stiff muscles, and the horses give many children confidence to speak their first words and the opportunity to do an activity that most of their friends don't get the chance to.

Danika Blackstock, 13, has been riding at Pride Stables for about seven years and suffers from vision impairment and a heart condition. She rode a horse named Tiki in the relay races, and also helped to decorate Doc with a grass skirt and Hawaiian lei for the horse fashion show.

Danika rides in lessons

throughout the school year and also comes to camp in the summer. She loves her time with the horses and thinks Pride Stables is a very special place.

“

We are so privileged to be part of the work going on at Pride Stables.

— Police Chief
Matt Torigian

”

"Because of all the volunteers and people who work here," she said.

However, the horses that are central to the program are also very expensive to keep. Executive director Heather MacKneson said Pride Stables receives operating money from the United Way, from various grants and general donors as well as from major fundraisers.

Last year, MacKneson received a grant from Mike Holmes' Holmes on Homes initiative and welcomed a group of 15 students from Conestoga College for two weeks. They put down plywood to repair the floor in the hayloft where Camp Pride takes place, repaired the plumbing and installed a new automatic watering device in each horse's stall and built an insulated room around the water heater.

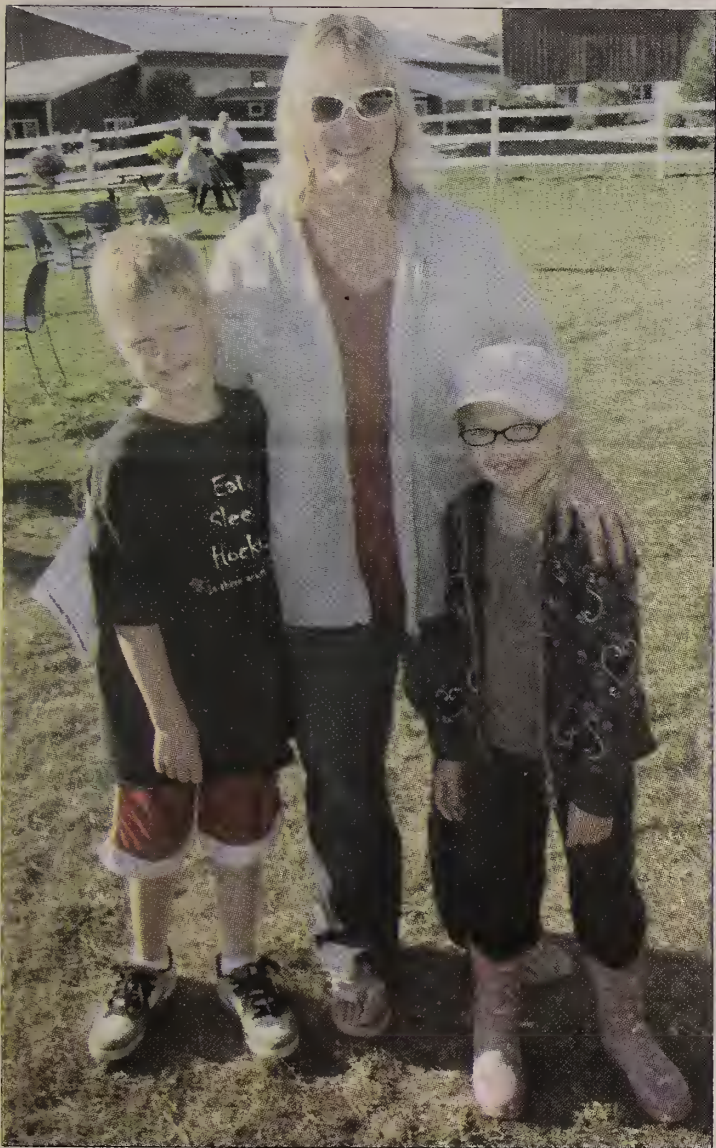
Doug Lockston, a full-time faculty member of the trades and apprenticeship program at Conestoga's Waterloo campus, said over 80 students were involved in projects around the area, doing work for charity organizations that pertained to their area of study. Lockston spent two half days at Pride Stables, and said it was a unique experience.

"It's not a typical renovation setting," Lockston said. "It's something that tugs at the heart strings."



PHOTO BY JANELLE SCHEIFELE

Danika Blackstock, 13, and Doc get ready for the horse fashion show.



The Central Ontario Developmental Riding Program at Pride Stables celebrated its 35th anniversary with an evening gala on Sept. 19. There were riding demonstrations, mounted relay races, food and drinks and live and silent auctions.

Clockwise from top left: Raine Knudsen, 13, poses with one of the watering devices installed by Conestoga students; Police Chief Matt Torigian is led around the ring by Pride Stables employee Jordan Zinger; Trevor Mains, 19, shows off the ribbon he won in the relay races; Cambridge MP Gary Goodyear presents CODRP president Steve McMurray with a certificate of congratulations; spectators line up ringside to cheer on riders; Evan, Julie and Tia Drury take a break from enjoying the festivities.

**PHOTOS BY
JANELLE SCHEIFELE**



LCR makes college easier

Library has 17 laptops and 16,000 books online for students to use

By HEATHER MUIR

It's Monday morning and your paper is due in class on Tuesday, but all the computers in the Library Resource Centre are taken. What are you going to do?

Relax, you still have a shot at borrowing a laptop from the LRC.

Students can sign out one of the laptops for a three-hour, in-library session, and it doesn't cost you anything — all you have to do is show your student card.

The LRC has 80 computer workstations, which are constantly being used by students. Recognizing that more computers are needed, the department has been slowly buying laptops for students to borrow.

This past summer Conestoga Student Inc. donated four new laptops to the LRC bringing the total to 17.

"This really supplements the computer workstations that we do have for the students who really want to work in the library instead of down in an open access lab," said Linda Schneider, manager of the Library Resource Centre.

Many students do not own a laptop or would rather not carry it around with them.

"The Learning Commons also has 14 laptops available for loan to students," said Schneider.

Another great thing about the LRC is that you can find all of their books on the online catalogue. This makes life much easier for students who may not have time to look for a book in the library.

You can also access 16,000 electronic books from your computer at home, 24 hours a day, seven days a week.

Subjects include engineering, computing, business, nursing, science and even popular fiction.

To access the electronic books from home all you need to do is go to the LRC and get a pin number.

"This past summer we added the 16,000 books to our catalogue," said Trish Green, an information literacy consultant.

"Before students would have to know where to go to find the different collections. Now it's in one place."

Students from the Guelph, Waterloo and other Conestoga campuses can use the online catalogue too.

The LRC is open Monday to Thursday from 7:30 a.m. to 9 p.m., Friday from 7:30 a.m. to 5 p.m., and Saturday and Sunday from noon to 4 p.m.

THE LINE KEEPS ON GOING, AND GOING

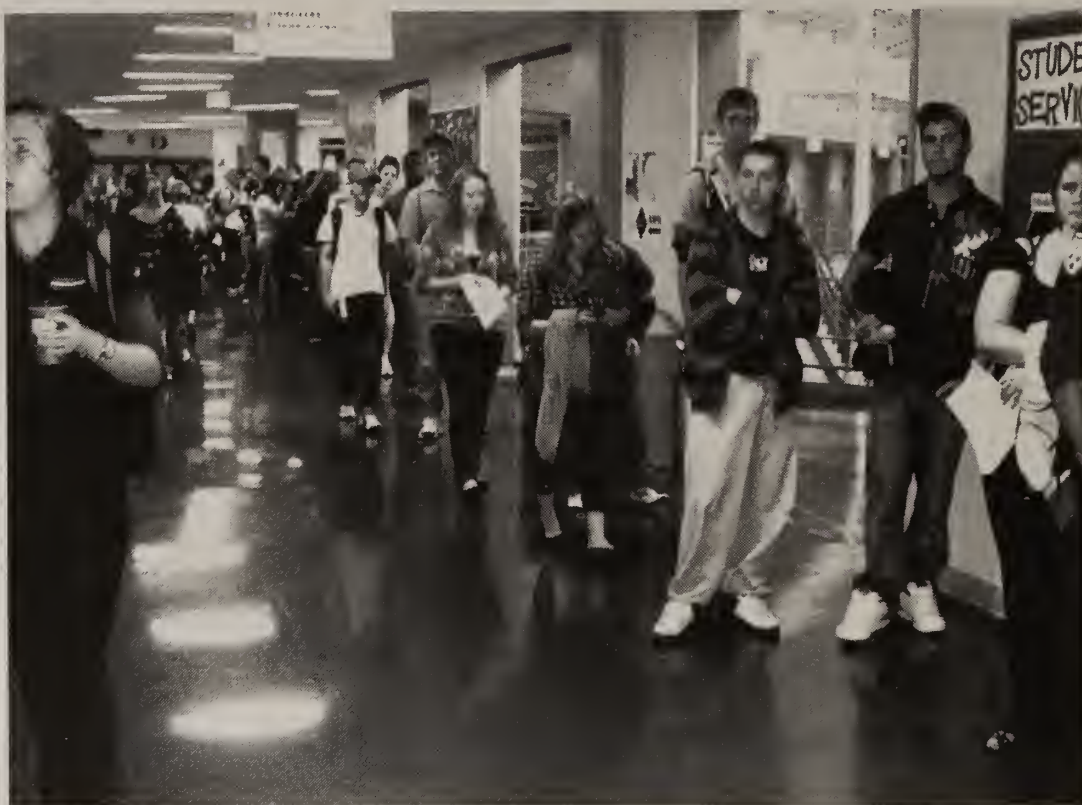


PHOTO BY NICOLE HANNUSCH

Two weeks into the school year, the lineup for parking passes is only getting longer and more frustrating for students.

AN EXCELLENT EVACUATION



PHOTO BY LISA BUCHER

Don Willis, director of safety and security services at Conestoga, was impressed with the results of a fire drill at the Doon campus Sept. 22. It took only six minutes to evacuate the main building, which he said was good for a building of this size, and taking into consideration mobility issues and the increase in the number of students.

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HOROSCOPE

Week of Sept. 28, 2009



Aries

March 21 -
April 19

You will step in some fecal matter this week, left by a very large dog. Avoid wearing open-toe shoes.



Libra

September 23 -
October 22

You will get food poisoning from a noodle dish. Buy some pink medicine.



Taurus

April 20 - May 20

You will get a shard of peppercorn in your eye this week. Invest in a bottle of Visine.



Scorpio

October 23 -
November 21

A rodent will enter your home. This will cause a great deal of embarrassing moments.



Gemini

May 21 - June 21

You will chip a tooth on stale food from the cafeteria. Buy a blender and some soft foods.



Sagittarius

November 22 -
December 21

Your foot will fall asleep right before a time when running is necessary.



Cancer

June 22 - July 22

Watch out for a yellow car with purple headlights. It will ruin your Thursday.



Capricorn

December 22 -
January 19

You will get into an argument with a neighbour. This will lead to a feud that will last several months.



Leo

July 23 - August
22

Someone you trust will violate your privacy. This will put serious strain on your relationship.



Aquarius

January 20 -
February 18

A cat will keep you up very late on Wednesday night. You will be late Thursday.



Virgo

August 23 -
September 22

A wayward bird will fly into you. This will be the only negative part of your week.



Pisces

February 19 -
March 20

A toddler will break a window in your home. Getting restitution will prove to be a challenge.



Nick Dasko is a second-year journalism student holding fate in the palm of his hand.

Learn how to Internet date

By LISA BUCHER

Pop culture brought us the eloquent love stories *You've Got Mail* and *Must Love Dogs*, both films about people finding their soulmates over the Internet.

Both leave us thinking, could love actually be just a mere click away?

You may be a pop culture junkie who is also a hopeless cinematic romantic intrigued by any contemporary means of obtaining your fairy tale ending.

Perhaps you just have some time between commitments in your otherwise full weekend agenda that is just begging to be filled or maybe you are someone strapped for time and, therefore, value the efficiency of Internet dating.

Or maybe you sit on the other side of the fence and believe that technological advancements have resulted in the McDonaldization of the dating process. Why shouldn't we order a mate just like we

do a pizza?

Either way, the Internet is a popular way of dating and if done properly, can yield successful results.

Spencer Crone, 21, a second-year broadcast journalism student, met his girlfriend of two months through the online dating site Plenty of Fish. Crone's advice to potential Internet daters, "Some of it can be sketchy but just have patience with it. Sometimes it works and sometimes it doesn't."

For those of us who lack dating onsite experience, Gina Logan Daniels, a relationship coach who trained at the Relationship Coaching Institute of California, is offering a three-hour Internet dating workshop on Oct. 21 through Conestoga College's continuing education.

The workshop costs \$50 and will provide students with the strategies and tips needed to make their Internet dating experience a success and cover how to write a dynamic personal ad.

Logan Daniels said, "I had an overwhelming request to make a course like this. People wanted tips and strategies to be successful at Internet dating."

Like many of us, Mike Hepditch, 20, a second-year broadcast journalism student, hasn't been successful at Internet dating, "I am ultimately horrible at filling out the questionnaires. I'm not good at talking about myself. So, I guess that is partially my failure."

Logan Daniels shared some of her tips on how to make your Internet dating experience a success.

She said:

1. Be honest about yourself and who you are.
2. Know that not everyone will be truthful or honest back.
3. It's up to you to do as much screening as possible.
4. Don't take it seriously or personally.
5. It doesn't happen overnight. You are likely to talk to a lot of people.

Guelph police offer Internet dating safety tips

The Guelph Police Service has the following safety tips for anyone contemplating Internet dating.

1. Never reveal any personally identifiable information. This information could be used maliciously.

2. Use the communications tools provided by your dating service.

Most offer online chat and private email. Don't invite anyone to email you at your regular address, at least until you get to know them better.

3. Use an anonymous email account like Hotmail, Yahoo! or Gmail when you begin getting to know new people.

4. Before meeting someone, request a photo. This will give you a good idea of the person's appearance. If you hear excuses about why they can't send you a photo, maybe it's time to look elsewhere.

5. Talk on the phone. This can tell you what kind of communication skills the other person has. It's not a great idea to give out your home phone number. Try a cellphone or consider using Caller ID block to protect your privacy.

6. When you are ready to meet someone in person for the first time, NEVER have them meet you at home or work. Arrange to meet them at a busy public place. Carry a mobile phone in case you sense trouble.

7. Remember: you are in control. No one should ever pressure you into revealing anything about yourself that you want to keep private.

8. Red Flags

When you meet in person, beware of these types of behaviours:

■ Displays of anger or intense frustration, or passive-aggressive behaviour.

■ Attempts to pressure or control you.

■ Abusive, demeaning or disrespectful language or behaviour.

■ Physically inappropriate, intimidating or aggressive actions.

■ Inconsistent information about their job, interests, appearance, financial status, etc.

■ Refuses to talk on the phone.

■ Doesn't introduce you to friends, family or colleagues.

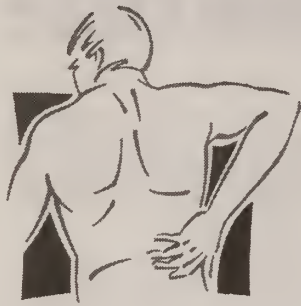
Dating is never risk-free. Use your common sense to stay safe.

BIRDS OF A FEATHER



PHOTO BY ALEX COOKE

Local bird man, Franklyn Subachan, shows off his pet birds, Jerricho and King David, at Kitchener City Hall on Sept. 12.



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PHOTO BY GREG COWAN

Ryan Lue psyches himself up during his daily 7 a.m. lift. Lue became the 66 kg junior national wrestling champion in March.

Driven to succeed

By GREG COWAN

A junior national wrestling champion stands alone in the Conestoga College weight room grunting through his workout. It is early, and the sun has yet to make an impact through the windows looking out over the campus.

"Seven a.m. — this is my territory. I am the first one in here. I run the room. I have everything I need here," says Ryan Lue, a second-year police foundations student.

Most students are still asleep by the time Lue is done putting his body through the first workout of the day.

Ryan was not the number 1 guy in the country when he came, but you knew that he soon would be.

— Coach Doug Cox

He doesn't do it for extra credit. It doesn't provide him with any income, and he sacrifices seeing his friends and family, devoting over five hours a day to wrestling 355 days a year. Lue can't deny he is driven to be something special.

"They say I am crazy. They say I am nuts, but I'm not. I am just like everyone else, but my goals are just right there. I know what I want. Every single day I can vividly see everything I want and nothing gets in my way from that," Lue says.

The morning workout is just the beginning of a daily drive that includes another practice in the evening. In between he attends classes. Lue describes

it as constant motion to be where he wants to be.

"To be the best in Canada and to be the best in the world, that is what drives me every day when I come in here, just to be the best."

It all started in Grade 9 when Lue's father told him he should try out for the wrestling team. He was a natural, but anyone who has been involved in any athletics knows talent can only take you so far. What matters in the end are the hours put in away from the sport, working while the others rest.

"I went to camps and worked hard and tried to be the best. Putting in extra time after practice and waking up early to do runs. I wanted to be on top of the podium so I dedicated every single summer I had to getting better," Lue explains.

Lue's coach, Doug Cox from the University of Guelph, has seen Lue rise through the ranks.

"Since the day that he showed up here he has always been prepared to do the best that he can at practice or a tournament. Ryan was not the number 1 guy in the country when he came, but you knew that he soon would be," Cox says.

Lue became the 66 kg junior national champion in March and embarked on an international tour of training camps and tournaments in Iran, Dubai, Germany and Turkey. His goal now is to make it to London for the Olympic Games in 2012.

Lue quotes another wrestler to explain how he deals with normal student stress on top of striving to make an Olympic team.

"Once you've wrestled everything else in life comes easy."

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Co-ordinating a life of sports

By MITCH MUIR

It requires expert co-ordination and dedication. Time is not something she can waste.

Marlene Ford, 36, has been in the athletics association at Conestoga College for 15 years and has been the athletics co-ordinator for 11 years. Before that she spent three years at the college as a student, taking two years of recreational leadership and one year of general arts and science. While a student at Conestoga, she became the activities co-ordinator for the Doon Student Association, now known as Conestoga Students Inc.

The leadership program has proven vital to her over the last 15 years because she holds a number of key positions within the school athletic community and national and provincial sports scenes as well.

She's a referee instructor for the Ontario Soccer Association, an Ontario Volleyball Association referee, a senior convener with the OCAA women's soccer and a senior convener with the CCAA women's soccer. In her positions of convener and co-ordinator, she looks after schedules, referee assignments, standings and statistics. With all that going on, she has no time for anything else.

She's lived in Kitchener for 17 years, has no kids and isn't married. She's also never taken a vacation.

"I'll take a couple days here, a couple days there. Usually to get some work done around the house," said Ford.

Ford grew up in Dutton, a small town west of London. She attended West Elgin High School.

"I came from a small town where baseball was the thing to do, and when I got to places that had teams (such as high school), I went from there," she said. "I like the social aspect. It's a stress release. I don't have to worry about what I'm doing at work the next day, and it's just fun. I like to compete."

She grew up in a big family. Ford is the youngest of her three brothers and two sisters. Her siblings never caught the sports bug like Ford did.

"When I was four or five, I wanted to play something, and my parents wanted me to get involved. I would go out and throw a tennis ball



PHOTO BY MITCH MUIR

Marlene Ford is enthusiastic about this year's sports teams, expecting great things from all of them.

against a wall and catch it," said Ford.

Her parents are quite active in the town where she grew up. Her dad, Albert, 84, was "always involved with committees in the town and town council," she said, while her mother "is active in the church and plays a lot of bridge."

She doesn't own any pets because sports take up too much of her free time. She can be seen playing recreational volleyball three or four times a week, and hockey two or three times a week.

"I like to be active," she said. "I work 13-14 hours a day sometimes with home games (for the college teams)."

Ford has also been an instrumental part of alumni indoor soccer at Conestoga, where she helps raise money for soccer scholarships. The program has been running for 13 years.

Sports have been an important part of Conestoga College since it opened in 1967.

"We were known more for our varsity athletics, then the educational side of the college took off," she said. "When the varsity teams aren't doing so well, it's harder to recruit."

She was also an assistant coach with the women's soccer team, but it quickly became too time-consuming.

But when it's all said and done, the bottom line is that Marlene Ford just plain loves her sports.

"I really enjoy working with the students. It's nice to run into them shopping, or see them (a couple of years later) at a soccer field where their kids are playing. It's just nice to have them remember you."

Condors can't fly over the mountain

By MITCH MUIR

In a game dominated by pressing Mountaineers, the Conestoga Condors women's varsity soccer team came out on the short end of a 2-1 final on Conestoga's soccer pitch Sept. 15.

Mohawk had control early as the Condors struggled to get organized on the offence. The Mountaineer goalkeeper was challenged very lightly in the first half, and it became apparent that the Mohawk defence was proving to be too much for the invading Condors.

That isn't to say that Conestoga didn't have good chances.

In the first half, Conestoga rang one off the post to the right of the Mohawk keeper, but that was the strongest chance they had until early in the second half.

Throughout the entire game, the Condors had trouble keeping the ball on the ground. This was a crucial flaw that helped Mohawk continually regain control of the ball, and thus the offensive zone.

For the first 20 minutes of play, Mohawk had the ball in Conestoga's end about 70 per cent of the time, but they also couldn't muster a strong shot past the Conestoga defence. The closest Mohawk came to getting a goal was with two minutes left in the first half when the ball was stopped about four feet from the goal line.

Before the second half, head coach Aldo Krajcar gave his team a pep talk about keeping the ball on the ground and communicating more effectively. The talk seemed to work as the Condors came out flying in the second half, with Natasha Blais scoring the



PHOTO BY MITCH MUIR

The Conestoga women's soccer team lost a close match to the Mohawk Mountaineers, 2-1, on Sept. 15 at Conestoga College.

team's first goal of the game just over five minutes in. Mohawk still gained control soon after that and pressed hard. The Mountaineers' offence had the Condors back on their heels for the remainder of the game, despite the sideline cheering the Conestoga team on. They were silenced about 15 minutes into the second half, however, when Mohawk scored their first goal of the game, and scored a second time a mere three minutes later.

Mohawk continued pressing until Conestoga regained con-

trol late. They dominated the last five minutes and came close to tying the game. The Condors pressed deep into the Mountaineer end, setting up a chance close to the net, but the kick from the Conestoga player was knocked just a foot wide of the goal. Conestoga players crumbled on the field, watching the effort go up in flames.

The loss was the girls first of the season. They won the first game against the St. Clair Saints 4-1 here at Conestoga. The girls play the next game on the road Oct. 3 against Sheridan.

Men's team plays to a tie

By MITCH MUIR

The men's varsity soccer team put forth an intense effort Sept. 16 against the Mohawk Mountaineers.

The Condors took control early in the game and pressed into the Mountaineer territory. However, the defence from both teams were on their game and prevented many

scoring opportunities.

The game ended in a tie, with both teams playing well. If this continues, both will make the playoffs.

The teams each had some close chances, but none as close as the Mountaineers' attempt which resulted in the Conestoga goalkeeper tipping the ball just over the crossbar. A loud sigh of relief could

be heard from the Condor sideline.

One yellow card was handed out to the Conestoga side, and the referees issued a warning to the Mohawk goalkeeper to keep tabs on his foul mouth.

The Condors have now won one, lost one and tied two.

Their next game will be on the road against Sheridan Oct. 3.

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